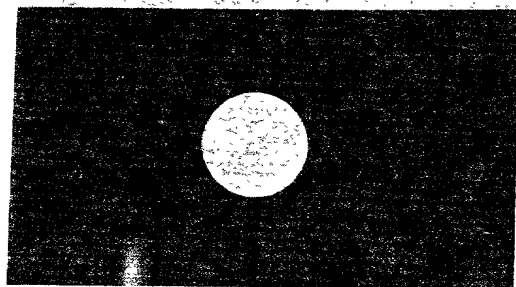
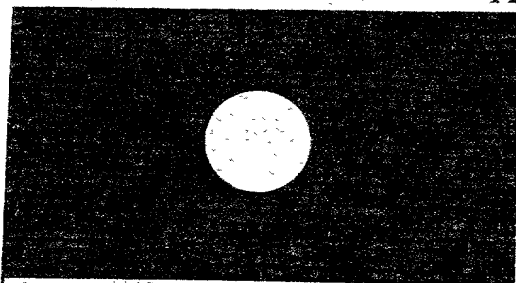


RED-PURPLE  
GROUP

60



A



B

1

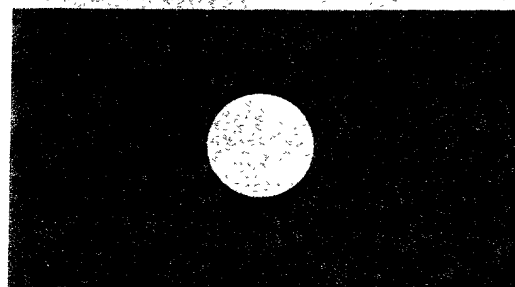


60c

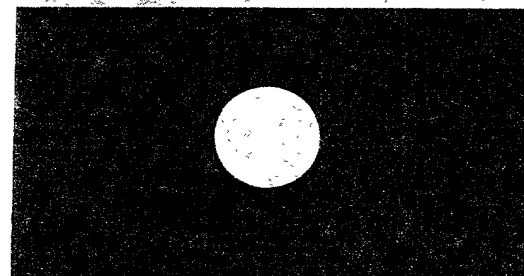
Fig. 1

RED—PURPLE  
GROUP

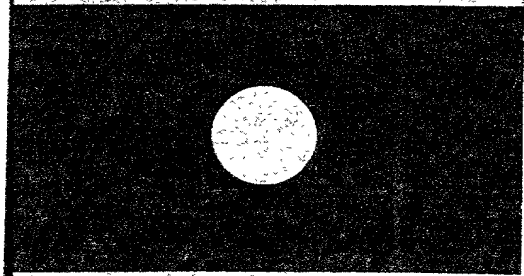
61



A



B



2



61 A

Fig. 2

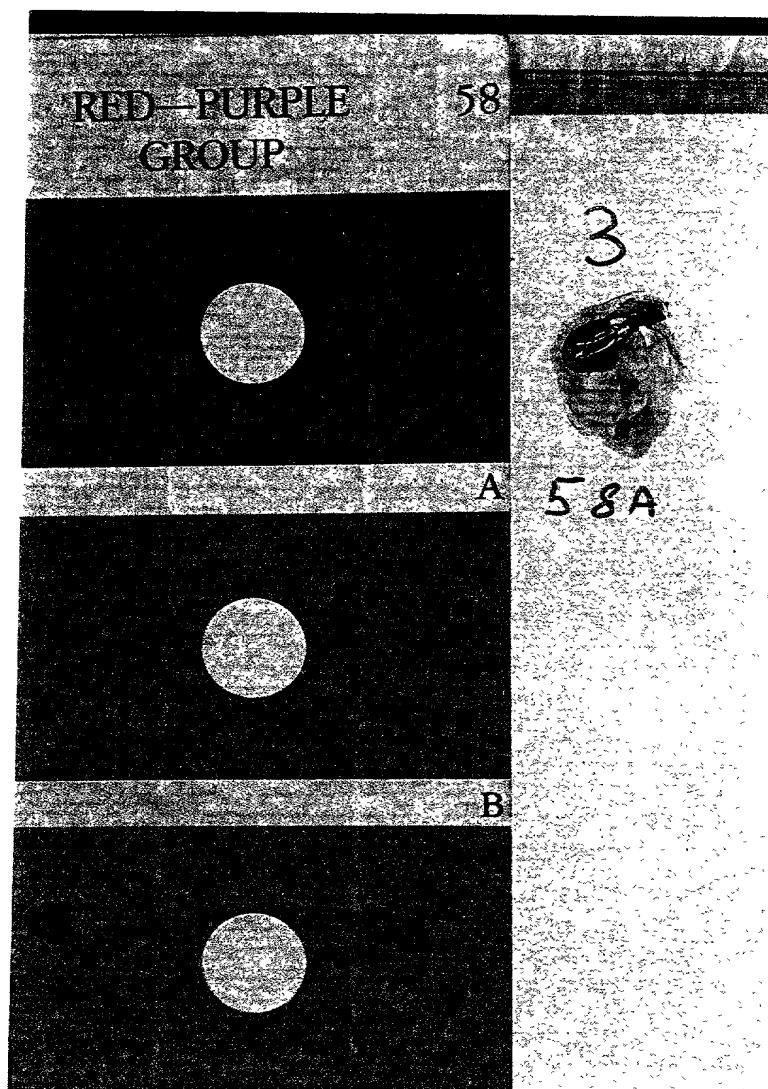
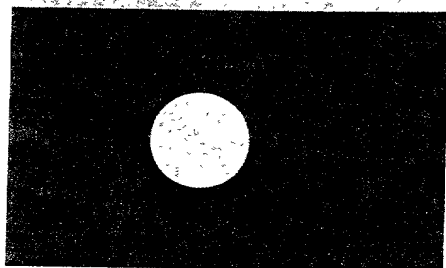


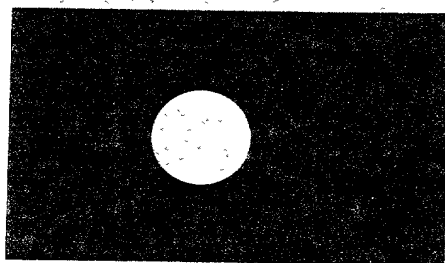
Fig. 3

RED  
GROUP

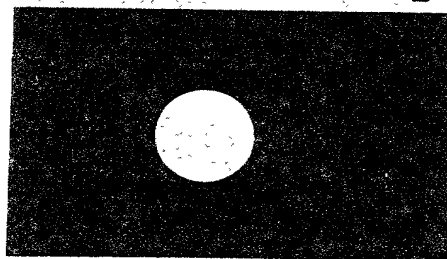
46



A



B



C

49



46A

Fig. 4

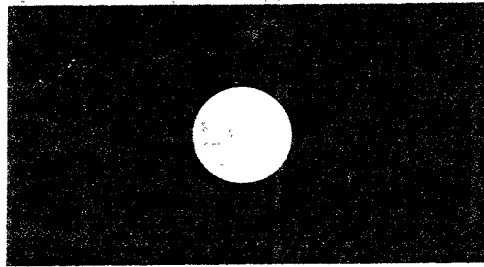
RED  
GROUP

53

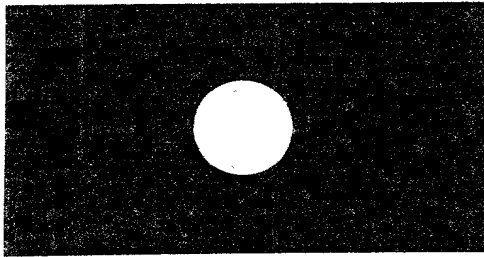
5



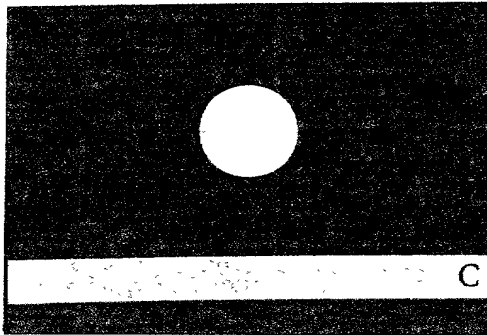
53A



A



B

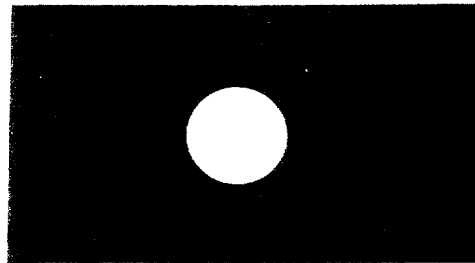


C

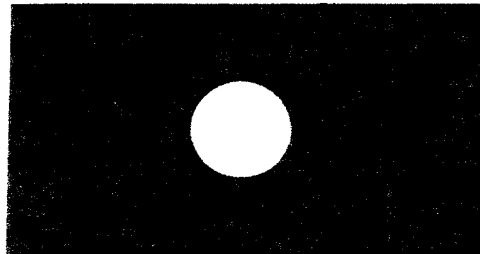
Fig. 5

BLUE  
GROUP

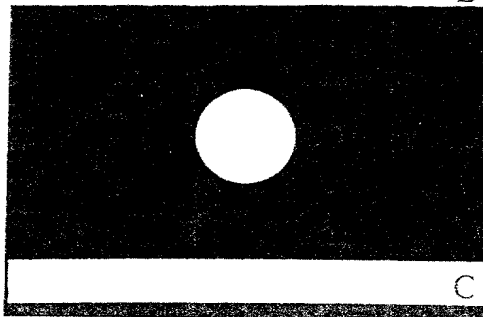
103



A



B



C

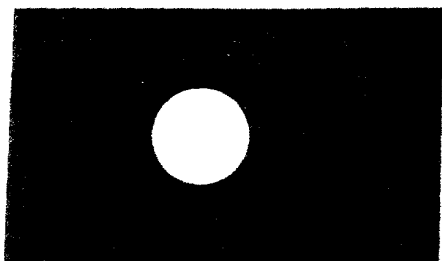


Fig. 6

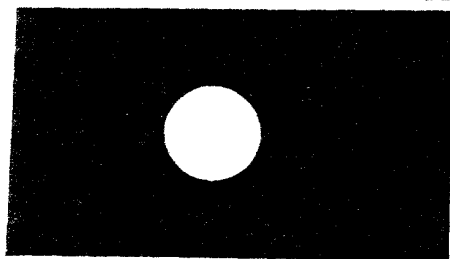
BLUE  
GROUP

99

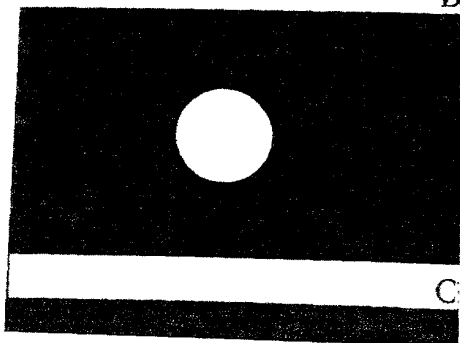
7



A



B



C

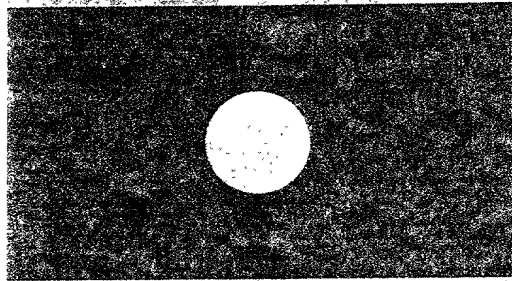


99A

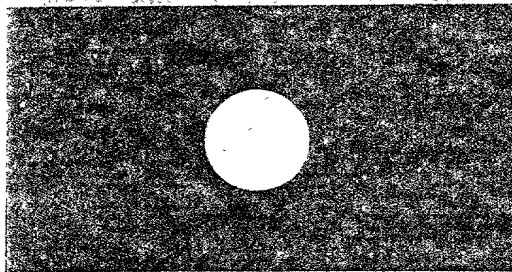
Fig. 7

ORANGE  
GROUP

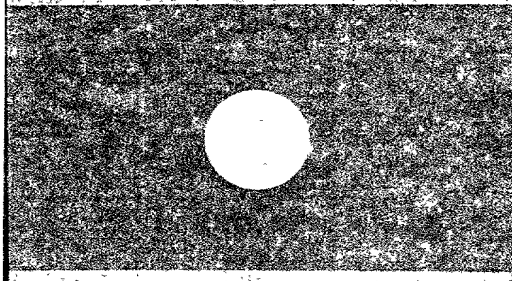
25



A



B



C1

25B

Fig. 8



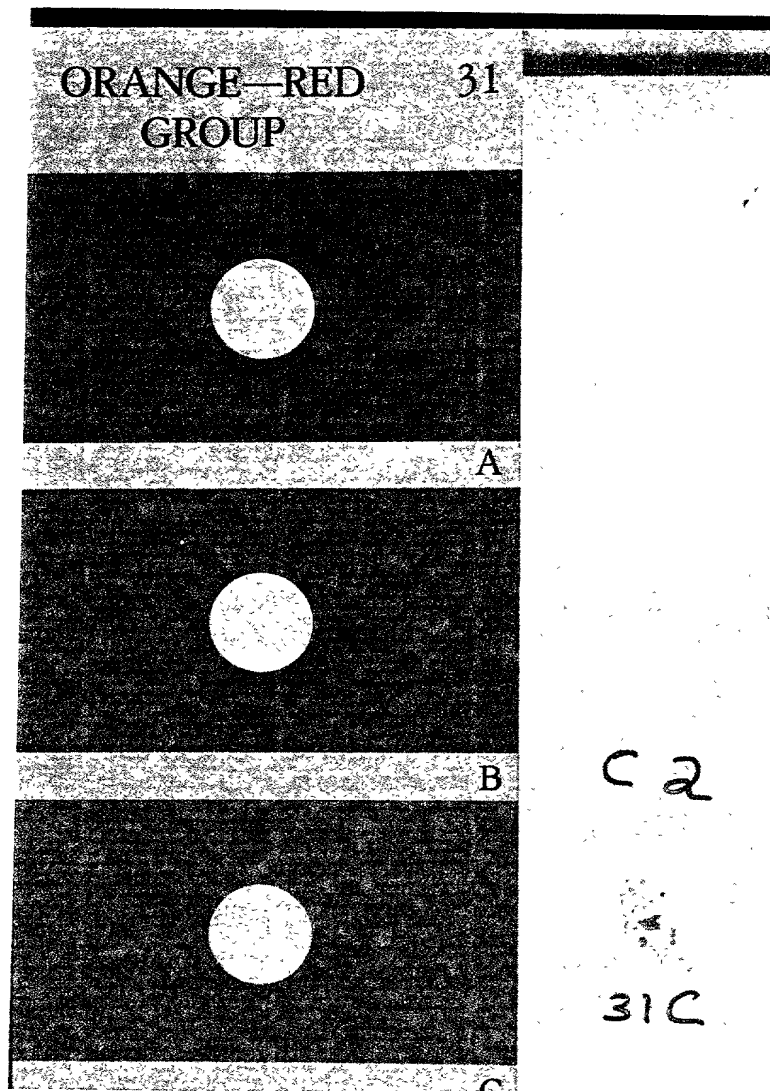


Fig. 9

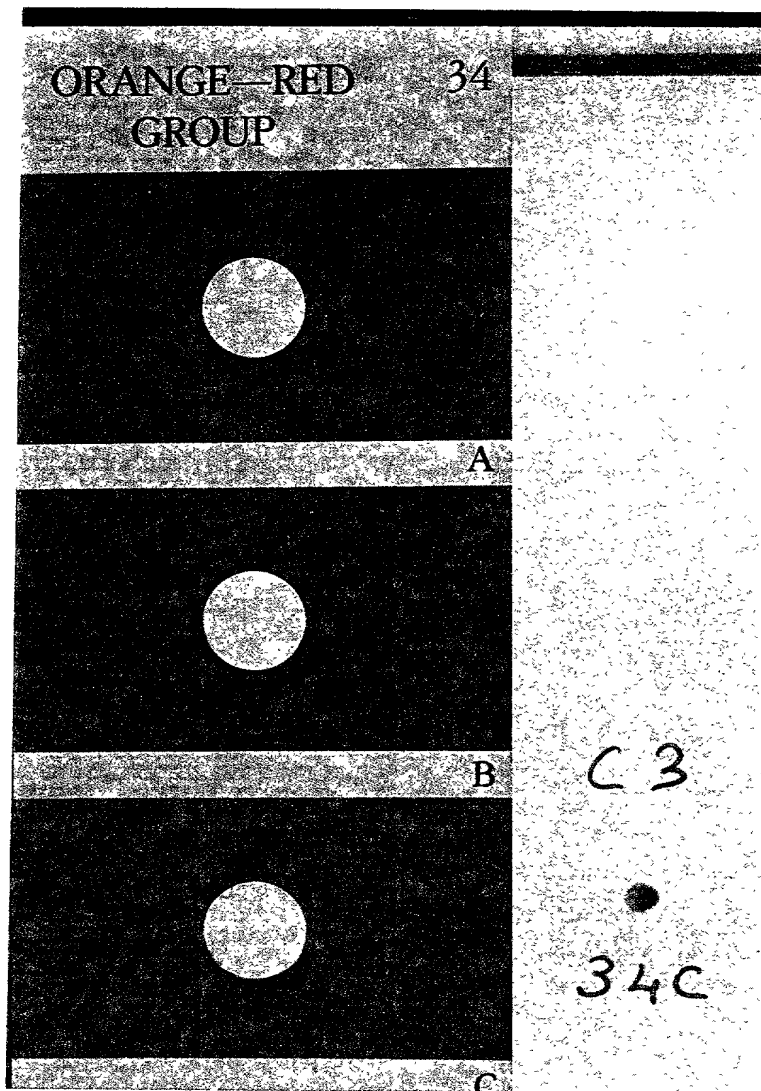


Fig. 10

32



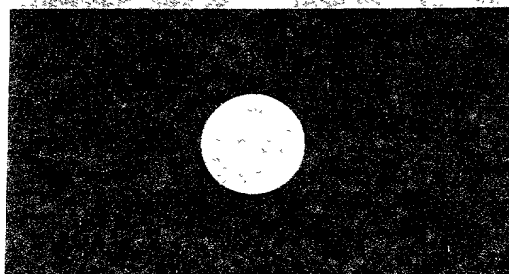
C4

32c

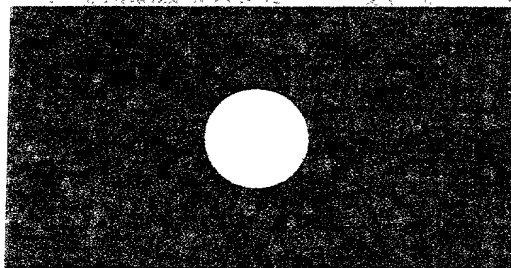
Fig. 11

ORANGE—RED  
GROUP

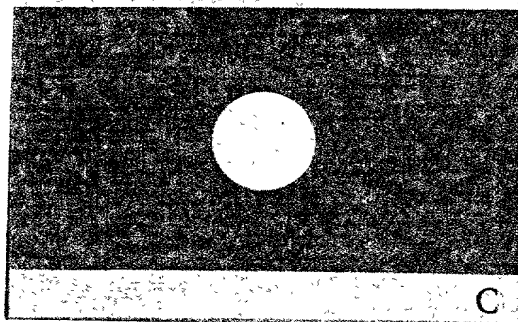
33



A



B



C

C5

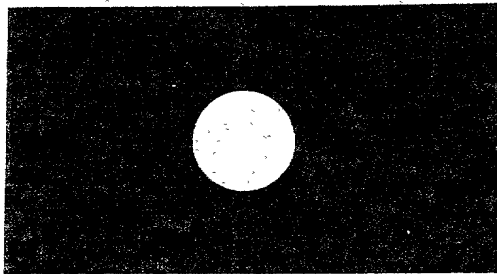


33B

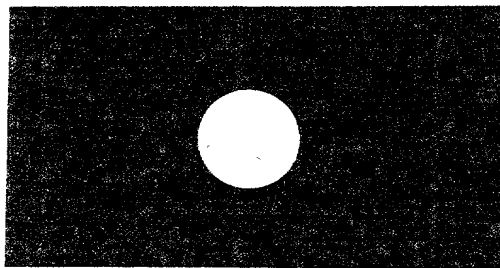
Fig. 12

RED  
GROUP

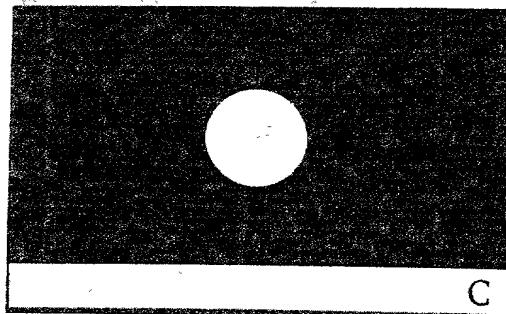
46



A



B



C

C6



46A

Fig. 13

44

44A

**C**

[illegible]

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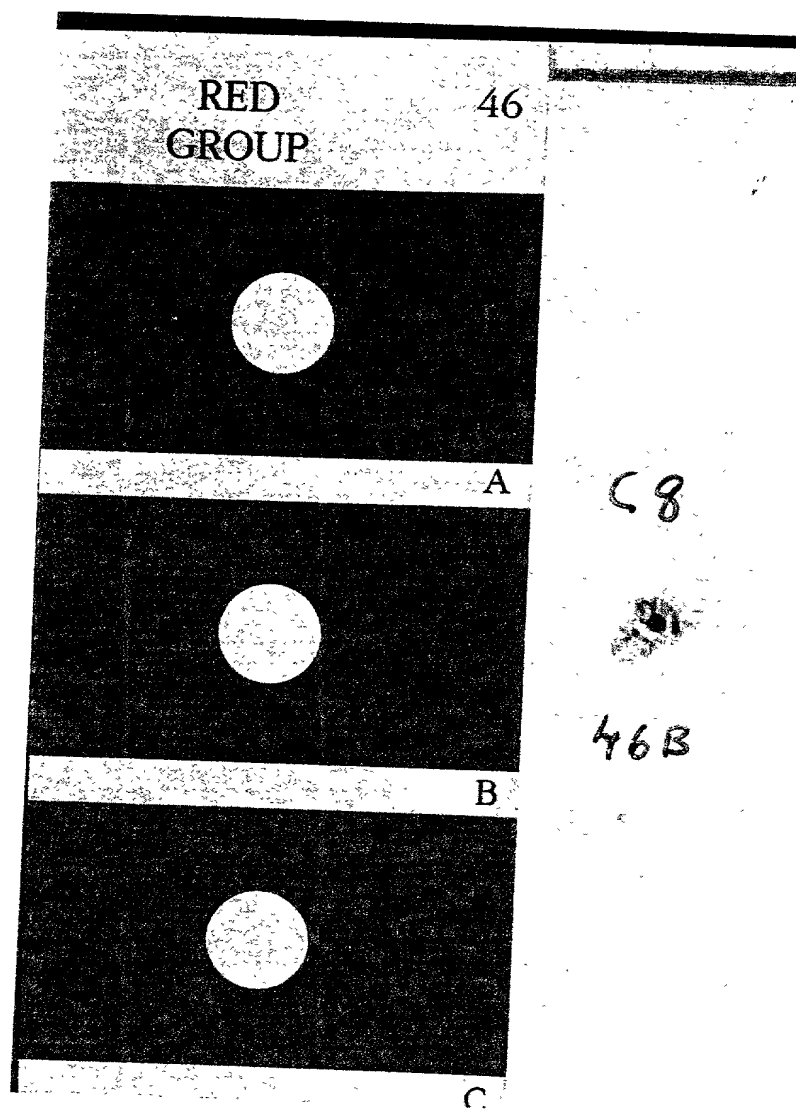


Fig. 15

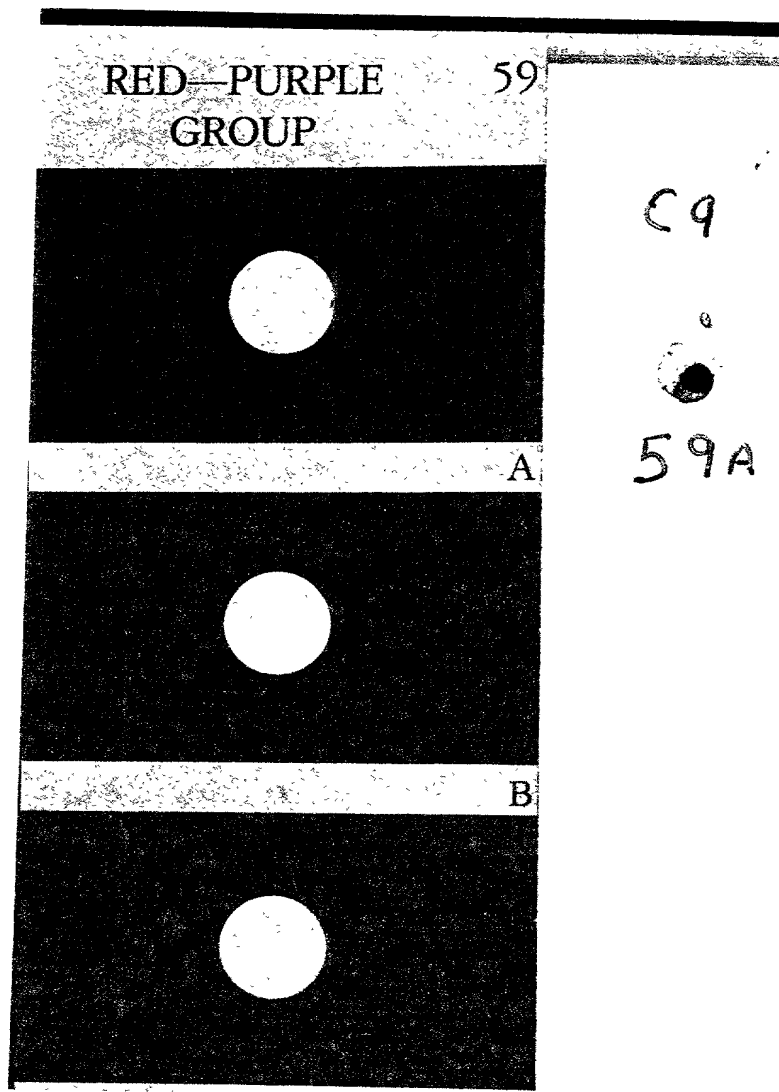
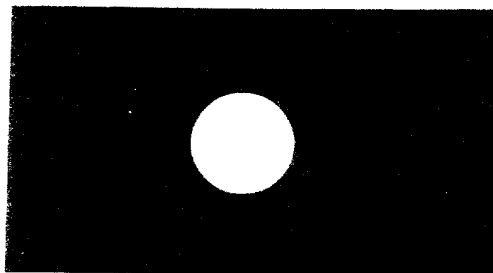


Fig. 16

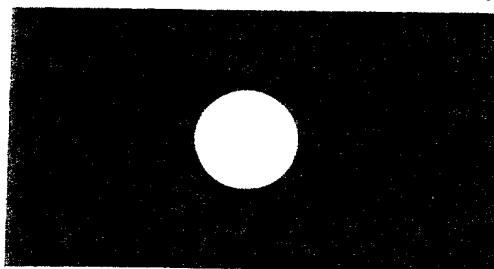


BLUE  
GROUP

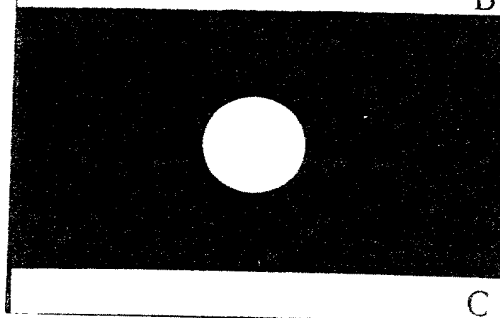
103



A



B



C

C12

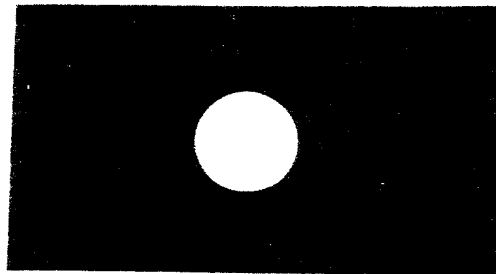


1032

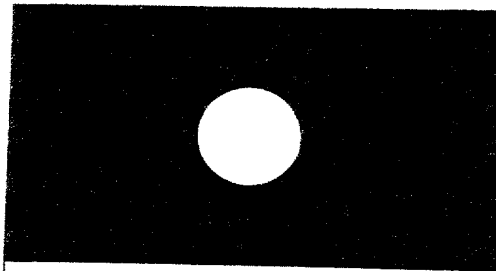
Fig. 17

BLUE  
GROUP

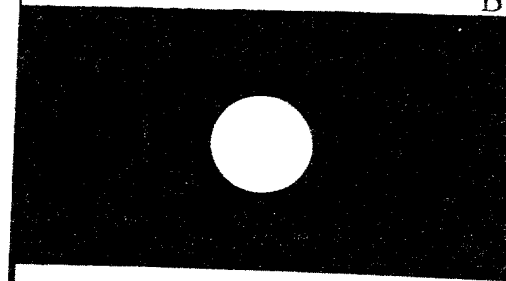
103



A



B



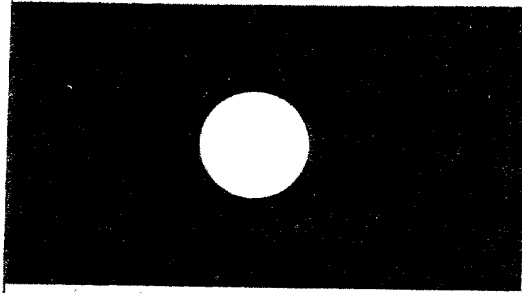
C



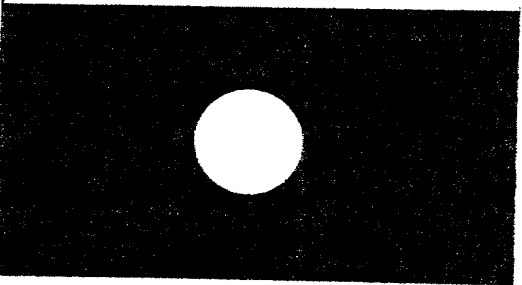
Fig. 18

BLUE—GREEN  
GROUP

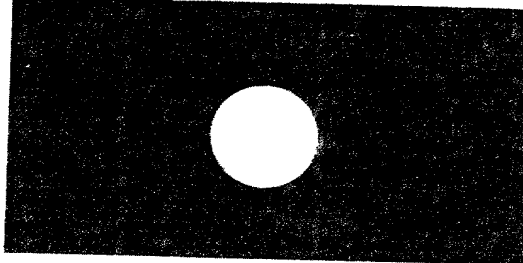
114



A



B



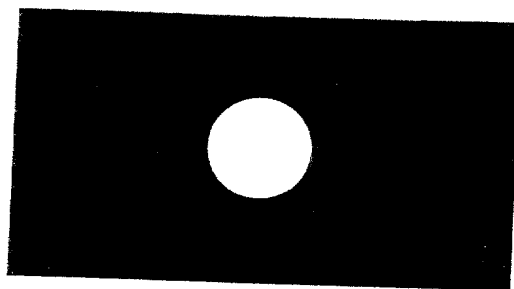
C12



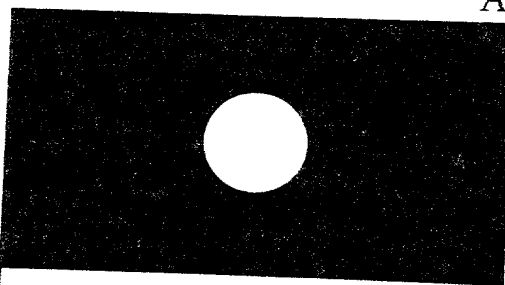
114 A

Fig. 19

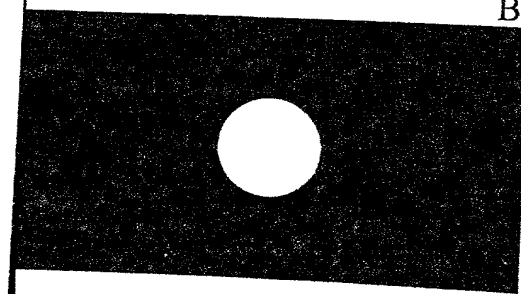
GREYED—PURPLE 187  
GROUP



A



B



C

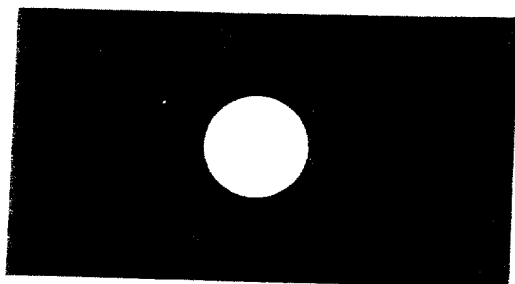
C13



187B

Fig. 20

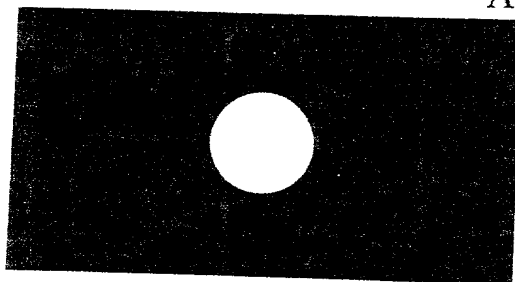
GREYED—PURPLE 187  
GROUP



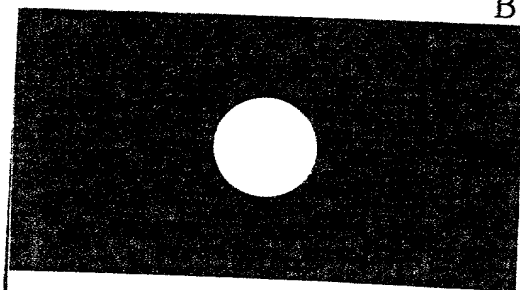
C 14



187A



B

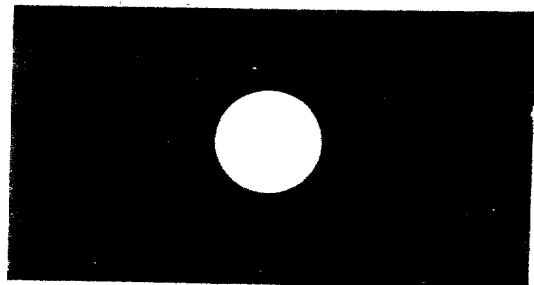


C

Fig. 21

PURPLE  
GROUP

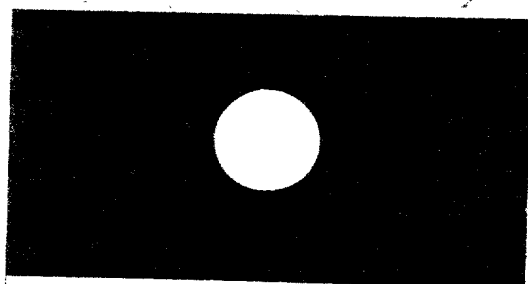
79



C15



79A



B

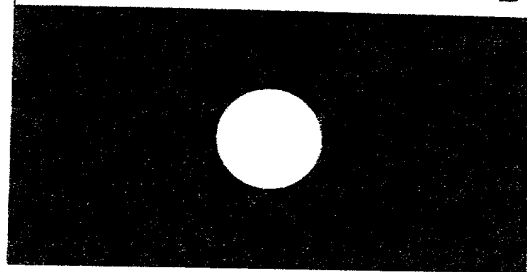
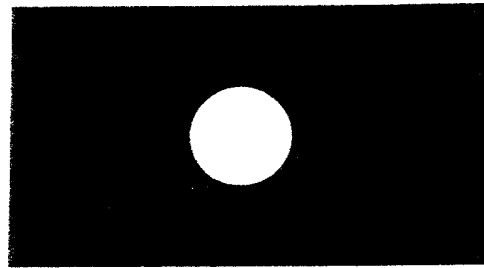


Fig. 22

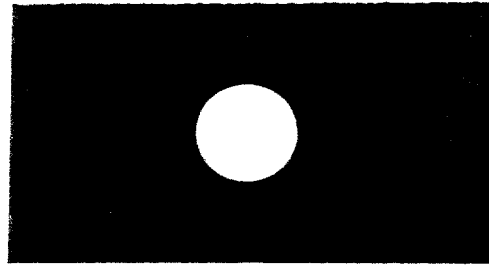
BROWN  
GROUP

200

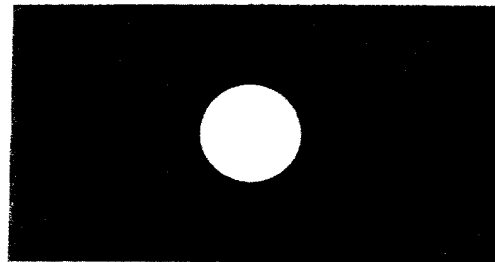
C16



A



B



C



200A

Fig. 23

**Abstract**

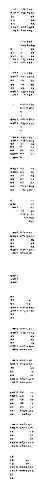


Table 1. Demographic and clinical characteristics of the study population	
Age (mean $\pm$ SD)	65.2 $\pm$ 12.5
Gender (male/female)	112/88
Education (years)	12.5 $\pm$ 2.1
Marital status (married/divorced/widowed)	105/15/15
Occupation (retired/working)	105/15
Family history of hypertension	45
Duration of hypertension (years)	10.5 $\pm$ 5.2
Current treatment (ACE inhibitors/CCBs/other)	105/15
Comorbidities (diabetes/cholesterol/other)	35/25/15
Smoking status (current/former/never)	15/45/105
Alcohol consumption (yes/no)	15/105
Physical activity (regular/irregular/none)	15/45/105
Stress level (high/low)	15/105
Medication adherence (yes/no)	105/15
Quality of life (SF-36 score)	45.2 $\pm$ 10.5
Healthcare utilization (annual visits)	3.5 $\pm$ 1.2
Health insurance (private/public)	15/105
Geographical location (urban/rural)	105/15
Season of study (spring/summer/autumn/winter)	25/25/25/25
Study duration (months)	12
Dropouts (n)	5
Final sample size (n)	107